Premier's a Mo Bro

Pledges pour in after Brad Wall pitches his plan on Twitter to grow a moustache as part of Movember PAGE 2

GAME ON!

NO, NOT THE NHL. PLUG IN YOUR ATARI — WRECK-IT RALPH RELOADS CLASSIC GAMES PAGE 9

REGINA metro

Monday, October 29, 2012

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Sandy could pack wintry wallop for Central Canada

Monster storm. Forecasters warn of heavy rain, possibly snow in some parts as hurricane bears down on Ontario, Quebec

As the so-called Frankenstorm arrives on the doorstep of the U.S. eastern seaboard, the Canadian Hurricane Centre said Sunday that Sandy could bring winter weather to parts of Ontario.

Spokesman Bob Robichaud said southern and eastern Ontario and western Quebec could see between 50 and 100 millimetres of rain late Monday and early Tuesday.

The storm is expected to interact with a stalled front over Ontario and could cause heavier rainfall — more than 100 millimetres — in areas adjacent to Lake Ontario and northward to Algonquin Park, the centre said.

Forecasters warn that rain could change into snow over central Ontario, although it's too early to predict snowfall amounts.

"Snow is another thing we're going to have to consider with this thing, just because it's drawing in some cold air from the north," said Robichaud from Halifax during a media teleconference on Sunday.

The hurricane centre said parts of southern Ontario should brace for 100 km/h winds that could cause a bit of a mess, especially along western Lake Ontario.

Robichaud said the Maritimes could see between 50 to 75 millimetres of rain that will linger until Wednesday — Halloween.

It's a storm with far-reaching tropical storm-force winds that extend 800 kilometres from its centre, said Robichaud. THE CANADIAN PRESS

Matison Cos, 3, tries to stay warm and dry along the boardwalk as her family watches Hurricane Sandy approach in Rehoboth Beach, Del., on Sunday. The storm is expected to bring heavy rains to central and eastern Canada over the next few days. For more coverage, see page 4. SUCHAT PEDERSON, THE NEWS JOURNAL/THE ASSOCIATED PRESS

Another 'Perfect Storm'?

It has been compared to the so-called "Perfect Storm" of 1991, which remained off the coast of New England, pushing huge waves and causing $200 million in damage.

- Sandy's effects are expected to be extensive and will affect areas well outside the storm's centre, said Canadian Hurricane Centre spokesman Bob Robichaud. He said Sandy's size also means it's likely the messy weather will loiter until next weekend.
- Sandy has so far killed more than 60 people in the Caribbean, wrecked homes and knocked down trees and power lines.
- The Canadian government issued a news release Saturday saying it has received no reports of Canadians being killed or injured as a result of Sandy.

Agriflu aggravation

Flu shot fallout

Flu shots are available in Alberta and Manitoba, but not in Saskatchewan.

Health Canada has suspended distribution of two vaccines made by Novartis after word the Italian company that makes them found tiny clumps of virus particles in some batches.

The Alberta government says Agriflu — one of the products in question — comprises only about 22 per cent of its total vaccine supply, while the Manitoba government says only one per cent of its vaccines are affected. Saskatchewan says its flu vaccination program will resume once a Health Canada review has been completed.

THE CANADIAN PRESS

$2.66B upgrade

Co-op refinery nearing finish line

A $2.66 billion renovation at the Regina Co-op Refinery Complex has crossed a major landmark with the completion of the Section V expansion. Production of crude oil at the refinery is set to increase 45 per cent, from 100,000 barrels per day to 145,000 barrels per day.

Section V contains five new processing units, 14 additional storage tanks, new instrument systems, a cooling tower and an electrical substation. There are further revamps nearing completion as part of the major project at the refinery. The renovations are believed to have brought $5 billion in economic activity to Saskatchewan.

METRO

The Co-op Refinery Complex has completed its Section V expansion, increasing production at the refinery by 45 per cent. METRO

Premier's plan to grow a moustache is a smash

Grow a mo. Brad Wall participating in Movember; meets donation quota over the weekend

JEFF MACKEY
jeff.mackey@metronews.ca

Saskatchewan Premier Brad Wall will be making a motion to amend his upper lip this November.

Wall announced Friday on his Twitter account that if contributors met his fundraising goal of $3,000, he would grow a moustache as part of Movember, a fundraising event for prostate cancer.

Wall stated on his fundraising page that this isn't the first time he thought about participating in Movember.

"I wanted to grow a mo last year, but my staff advised against it," wrote Wall. "They had seen pictures of me with a mo back in the day ... enough said."

The display picture on the fundraising page is a faded photo of a young Wall wearing a cowboy hat and sporting an Alan Jackson-esque nose neighbour.

"This year, I hope you will help me ignore their advice and cruel comments," continued Wall. "If I raise $3,000 before Nov. 1, I will grow the mo. Then we will just keep raising money through Movember."

Pledges poured in and Wall met his $3,000 target by Sunday morning.

While the province may be giddy at the thought of a mustachioed premier, Wall's focus remains on the cause of prostate cancer awareness.

To donate to the premier's Movember campaign, go to mobro.co/premierbradwall.

Mo money

"Donate to this great cause and provide needed funding and awareness for prostate cancer and men's mental health initiatives."

Premier Brad Wall
Regarding Movember. He also encouraged men over 40 to get tested for prostate cancer

Clean-shaven, Premier Brad Wall will soon be losing the look as he takes on Movember. THE CANADIAN PRESS

Twitter

@MoBroPete:
Hey @premierbradwall, as a moustache farmer at Movember, I would like to offer up $100 to support your Mo efforts! Many thanks for Mo love!

@WaywardReporter:
If @PremierBradWall goes through with this Movember pledge, I hope he keeps it going through the year & has a beard-off with John Nilson.

@PremierBradWall:
The following is the list of people in my family who want me to grow a stache for Movember: Wall, Colter. That is all. #Movember #gettested

@wallmanator:
@PremierBradWall - I'm in for $100 if you grow your Mo back. When u had a mo in 1990 #raiders were 12-4 and #denver was 5-11

Online

For the latest local news, visit metronews.ca

AACS wants dedicated council seats for aboriginals

President of the Aboriginal Affairs Coalition of Saskatchewan, Kim Beaudin, is seen outside of Saskatoon City Hall on Sunday. The AACS is asking the provincial government for dedicated seats for aboriginal people on city councils across the province. MORGAN MODJESKI/METRO

The Aboriginal Affairs Coalition of Saskatchewan wants better representation for Aboriginal people at the municipal level across the province.

President of the aboriginal rights group, Kim Beaudin, is calling on the provincial government to amend Saskatchewan's Local Government Election Act and the Municipalities Act to include dedicated seats for Aboriginal people on municipal councils.

"I believe that we should have a seat because it would offer a voice to aboriginal people across the province," said Beaudin. "It would certainly provide a voice for policy with respect to municipal governments inside of Saskatchewan."

Beaudin said dedicated seats at the municipal level would encourage more aboriginal voters to cast their ballots.

"I don't believe Aboriginal people understand the impact the city has on their day-to-day lives and this is another way to encourage people to come and vote," he said.

"They talk about a future plan, and I'm wondering if that future plan involves aboriginal people."

Beaudin said he thinks if some of the issues facing aboriginal people were addressed at the municipal level, it would create a "trickle down effect," across the province and would help address some of the broader issues like crime and poverty.

Minister of Government Relations and the minister responsible for First Nation, Métis and Northern Affairs, Jim Reiter, could not be reached for comment.

MORGAN MODJESKI/METRO

Growing population

Aboriginal population predictions in Saskatchewan:

- 2015: 20 per cent
- 2035: 28 per cent
- 2045: 33 per cent

Taxpayer savings from registry repeal unclear

Long gun registry. RCMP can't or won't say how much the trashing of registry will save taxpayers

Range officer Patrick Deegan aims a rifle at a private range in Calgary in September 2010. The Conservative government that championed the end of what it calls the "wasteful and ineffective" long gun registry isn't saying exactly how much the registry's repeal will save taxpayers. JEFF MCINTOSH/THE CANADIAN PRESS

The Conservative government that championed the end of what it calls the "wasteful and ineffective" long gun registry can't say exactly how much the registry's repeal will save taxpayers.

More than seven months after the registry was officially ended in every province and territory except Quebec, the RCMP is citing a 2008 report — based on a 2004 costing model — to suggest the registry's repeal will save somewhere between $1.5 million and $4 million a year.

The registry of all firearms cost $7.7 million to operate in 2010-11, the last full year for which information is available. So why are the projected savings so small?

Neither the RCMP nor the public safety minister's office will offer an explanation, although the ongoing registration of handguns and restricted weapons must account for some of the difference.

"We have nothing else to say on this issue other than what we have provided you," RCMP spokesman Sgt. Greg Cox responded in an email after almost a week of correspondence with The Canadian Press.

Nor is the RCMP able to provide any cost estimate of destroying the gun registry data, saying only that it will be absorbed within the national police force's budget.

"The staff who are working on the project to destroy the data are RCMP employees who are also working on other day-to-day tasks," Cox wrote.

Francoise Boivin, NDP justice critic, believes the government's inability to provide precise costing says a great deal about years of gun registry spin.

"If your accountant was answering that way, you would fire him on the spot," Boivin said in an interview.

"They've got all the information. Problem is, they don't divulge it because they're worried it might not prove exactly the point they've been stressing over and over."

Conservatives have claimed for years that the gun registry cost at least a billion dollars, and possibly two.

THE CANADIAN PRESS

Recall. Precautionary vaccine suspension won't impact flu clinics: Official

British Columbia's supply of flu vaccine has been reduced by 30 per cent just as the seasonal campaign to get a shot kicks off, but the province's top health officer doesn't expect flu clinics to be affected.

Dr. Perry Kendall is concerned, however, that the public may shy away from getting vaccinated now the province is heeding a Health Canada recommendation to suspend the use of one particular vaccine made by Novartis.

"I would really hope that it wouldn't (impact uptake), but I am a bit anxious about that, yes," Kendall told reporters during a conference call on Saturday.

"Because although the vaccine — as you would have heard — is less effective potentially than we would have hoped ... It still provides substantial, on average, 60 per cent reduction in the risk of getting influenza."

Kendall was referring to a report from Minnesota-based health researchers released earlier this month suggesting current vaccines offer moderate protection some years and less in others.

On Friday, Health Canada contacted health-care facilities across the country advising them to stop using the flu vaccine made by the Italian pharmaceutical firm.

THE CANADIAN PRESS

Bylaw. Toronto nixes promotional bull run plan in financial district

Royal Agricultural Winter Fair organizers say they're disappointed after Toronto officials refused to approve a bull run in the financial district to promote the fair's 90th anniversary.

The plan was for six 900-kilogram bulls to run down Bay Street between Wellington and King streets on Tuesday. The event would have served as a precursor to the fair's Nov. 2 opening day at Exhibition Place.

However, organizers were forced to cancel the run after the city denied permit applications.

Elizabeth Glibbery, the city's manager of animal services, says the event violated bylaws.

"Under the bylaw there is a provision for exceptions — under educational and for film production, however the purpose and intent of this event is for promotional purposes and, therefore, does not meet the exception," Glibbery said in an email.

THE CANADIAN PRESS

A man leads one of the bulls slated to run up Bay Street to mark the opening of this year's Royal Agricultural Winter Fair. COURTESY THE ROYAL AGRICULTURAL WINTER FAIR

Vancouverites prepare for worst

First-aid kits, radios and survival gear flew off Vancouver store shelves the day after a 7.7-magnitude earthquake near Haida Gwaii shook nerves across B.C.

Though few reported feeling the earthquake in the city, Vancouverites rushed to outdoors and hardware stores Sunday to stock up on just-in-case provisions.

"As soon as I saw the news coming in on Twitter about Haida Gwaii, I thought, 'I've been meaning to do this for years,'" said downtown resident Paul Nixey. "It's always that thing that slips to the bottom of your list."

Nixey, 29, bought the last first aid kit at the Home Depot on Terminal Avenue and Cottrell Street. There were three empty shelves where the medical kits used to sit, he said.

At the Mountain Equipment Co-op on Broadway, staff said many customers were buying radios — an item on the province's earthquake preparation kit list — and asking for directions to the first aid section.

Grace Hiebert, 32, has a half-made earthquake kit at home, but decided to complete it after Saturday's quake.

"It made it more real, that it could happen," she said as she browsed M.E.C.'s aisles for water containers, survival blankets, candles and dry food.

Hiebert was once evacuated from a fire and knows how stressful emergency situations can be.

"You're panicking so you don't know what to take, you're grabbing random things," she said. "I know for myself having them all in one place will reduce the panic."

EMILY JACKSON/FOR METRO

Tips

Some items you need in a basic home emergency kit, according to Emergency Management B.C.:

- Two litres of water per person per day
- Canned food, energy bars and dried food
- Manual can opener
- Flashlight and batteries
- First aid kit
- Radio

Peter Penashue

Liberals call for investigation of election spending

Interim Liberal Leader Bob Rae wants an investigation into what he calls spending irregularities in the campaign of Intergovernmental Affairs Minister Peter Penashue during the last federal election.

In a letter to the Commissioner of Canada Elections, Rae requests a formal probe into a number of questionable transactions by Penashue's campaign in the riding of Labrador during the 2011 election.

Penashue has blamed rookie mistakes and says he's working with Elections Canada after spending thousands of dollars more than the legal limit in the campaign.

An Elections Canada review showed Penashue spent $4,000 over his limit.

And CBC News has cited documents alleging he also took thousands of dollars in free flights around his sprawling Labrador riding.

Penashue's former campaign manager, Reg Bowers, has apologized to Elections Canada for mistakes and missing paperwork.

THE CANADIAN PRESS

Alberta proposal

Lawyer: Benefits agreements are being discouraged

An Alberta proposal to regulate how energy companies negotiate benefits agreements with aboriginal bands could make it harder to work such deals out, says a lawyer whose firm assists in such talks.

A discussion paper, released by the government last week, suggests that a levy should be applied industry-wide to help bands pay for the work involved in setting up such deals.

It also suggests reversing current practice by recommending that all such deals be made public. That could deter companies from entering into them at all, said Neil Reddekopp.

"The confidentiality is generally a request of our industry partners and it's something that our clients agree to," said Reddekopp, whose firm is currently helping about six bands negotiate benefits agreements with energy companies. "I have a hard time seeing this call for disclosure as anything more than an indirect way of discouraging this type of agreement."

THE CANADIAN PRESS

Scientific study

Dragon ship with astronauts' blood, urine makes splash

An unmanned freighter carrying a stash of precious medical samples from the International Space Station parachuted into the Pacific Ocean on Sunday, completing the first official shipment under a billion-dollar contract with NASA.

The California-based SpaceX company successfully guided the Dragon down from orbit to a splashdown a few hundred kilometres off the Baja, Calif. coast.

Several hours earlier, astronauts aboard the International Space Station used a giant robot arm to release the commercial cargo ship 410 kilometres up.

The supply ship brought back nearly 2,000 pounds of science experiments and old station equipment. Perhaps the most eagerly awaited cargo is nearly 500 frozen samples of blood and urine collected by station astronauts over the past year.

The Dragon is the only delivery ship capable of returning items, now that NASA's shuttles are retired.

THE ASSOCIATED PRESS

Millions brace for superstorm

Hurricane Sandy. U.S. northeast coastal areas evacuated as big storm collides with two other weather systems

Big U.S. cities from Washington to Boston braced Sunday for the onslaught of a superstorm that could menace some 50 million people in the most populated corridor of the U.S., with forecasters warning New York could be in particular peril.

"The time for preparing and talking is about over," federal emergency management administrator Craig Fugate warned as Hurricane Sandy made its way up the Atlantic. "People need to be acting now."

Forecasters warned the storm could wreak havoc over 1,300 kilometres from the East Coast to the Great Lakes. States of emergency were declared from North Carolina to Connecticut. Airlines cancelled more than 5,000 flights, Amtrak began suspending passenger train service across the Northeast, and New York and Philadelphia moved to shut down their subways, buses and trains. They, along with Washington, Boston and Baltimore, also called off school for Monday.

President Barack Obama, who met with federal emergency officials Sunday, said Sandy is a "serious and big storm" that will be slow-moving and might take time to clear up. The government would "respond big and respond fast" after it hits, he said.

As rain began to fall over the Northeast, thousands of people in coastal areas from Maryland to Connecticut were ordered to clear out Sunday. That included 50,000 in Delaware alone and 30,000 in Atlantic City, where the city's 12 casinos were forced by Gov. Chris Christie to shut down.

THE ASSOCIATED PRESS

Packing a punch

- **Rain.** Forecasters said the storm could bring nearly a foot of rain, a potentially lethal storm surge and punishing winds extending hundreds of kilometres outward from its centre.
- **Snow.** It could also dump up to two feet of snow in Kentucky, North Carolina and West Virginia.

Members of the Ross family watch the rough surf of the Atlantic ocean in Margate, N.J., Sunday. Hurricane Sandy was blamed for dozens of deaths before it began churning up the Eastern Seaboard. It was expected to hook left toward the mid-Atlantic coast and come ashore late Monday or early Tuesday, most likely in New Jersey, colliding with a wintry storm from the west and cold air streaming down from the Arctic. JOSEPH KACZMAREK/THE ASSOCIATED PRESS

New Yorkers stock up, but some are skeptical of commotion

New Yorkers were scouring local pharmacies and grocery stores for last-minute needs Sunday afternoon, hours before the first drops from Hurricane Sandy were expected to fall.

At a Duane Reade pharmacy in Lower Manhattan on Broadway, shelves were stripped of flashlights and most candles.

Hannah Sanderson, a student who lives nearby, said she was "frantically" trying to find candles. She was already stocked up on water, flashlights and food, she said.

Last year, she left the city during Hurricane Irene only to be stranded at her parents' house in Maryland, which was much worse off. This year, she was determined to stay in her apartment.

"I'm getting scared a little," she said. But she added, "I'm much less alarmist now. Last year, I was really scared. This time, I'm like, it's just a lot of hubbub."

Kristen Stack, 25, said she decided around noon Sunday to finally stock up.

"I figure, it's better to be safe than sorry," she said, with a basket full of bananas, bread and water.

She lives in a zone where on Sunday Mayor Michael Bloomberg had ordered a mandatory evacuation.

"I haven't decided" whether to leave, she said. She said many friends had texted her with concerns and options for where to spend the night.

Her boyfriend, Brooklyn resident Zechariah Metzler, added, "I'm not concerned," but said stocking up was the smart option.

Parisa Garakani, 30, who works in sales, said this was her first big storm since moving from California, where she is used to earthquakes with no warning.

"It's oddly kind of strange to prepare for something," she said. "It's this uncomfortable awkwardness to prepare for the unknown."

ALISON BOWEN/METRO WORLD NEWS

Before the storm

"It's this uncomfortable awkwardness to prepare for the unknown."

New York resident Parisa Garakani, 30

A man and woman shop for bottled water at a supermarket in the Rockaway Beach neighbourhood of the Queens borough of New York City as they prepare for the arrival of Hurricane Sandy. Mayor Michael Bloomberg has announced a mandatory evacuation of low-lying coastal areas of the city. ALLISON JOYCE/ GETTY IMAGES

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The campaign trail

Obama, Romney rework schedules to dodge storm

U.S. President Barack Obama and Republican challenger Mitt Romney overhauled campaign plans Sunday to avoid the massive hurricane churning up the U.S. Atlantic coast nine days before Nov. 6 balloting in their extremely close race for the White House.

Romney scrapped Virginia appearances to join running-mate Paul Ryan in Ohio, and Obama moved up his departure for Florida to Sunday evening to dodge Hurricane Sandy, which was forecast to begin whipping the Washington region with strong wind and drenching rain. THE ASSOCIATED PRESS

Sandy in the Caribbean

Hurricane death toll continues to climb

As Americans braced Sunday for Hurricane Sandy, Haiti was still suffering.

Officials raised the storm-related death toll across the Caribbean to 65, with 51 of those coming in Haiti, which was pelted by three days of constant rains that ended only on Friday.

As the rains stopped and rivers began to recede, authorities were getting a fuller idea of how much damage Sandy brought on Haiti. Bridges collapsed, banana crops were ruined, and homes were underwater. Officials said the death toll might still rise. "The whole south is under water." said Prime Minister Laurent Lamothe.

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Chinese leaders heed protesters' calls

Pollution. It is unclear whether authorities will cancel petrochemical project or continue when pressure is lower

After a weekend of protests by thousands of citizens over pollution fears, a local Chinese government relented Sunday and agreed that a petrochemical factory would not be expanded, only to see the protesters refuse to halt their demonstration.

The standoff in the city of Ningbo has highlighted the deep mistrust of the government in China. Should they continue, the demonstrations would upset an atmosphere of calm that leaders want for a transfer of power in the Communist Party leadership next month.

The protest had swelled over the weekend and led to clashes between citizens and police. The Ningbo government said in a statement Sunday that they and the project's investor had "resolutely" agreed not to go ahead with the expansion. The factory is a subsidiary of Sinopec, one of the biggest petrochemical companies in the world.

Outside the government offices, an official tried to read the statement, but was drowned out by shouts demanding the mayor step down. On the third attempt, the crowd briefly cheered but then turned back to demanding that authorities release protesters being held inside. The city was likely under great pressure to defuse the protest. THE ASSOCIATED PRESS

Mistrust

"There is very little public confidence in the government."

Liu Li, 24, a Ningbo resident

Protesters march in Ningbo city, China, Sunday, protesting the proposed expansion of a petrochemical factory. NG HAN GUAN/THE ASSOCIATED PRESS

Syria. Ceasefire broken with bombing of rebel areas over Muslim holiday

A Syrian man sits on a hospital trolley suffering partial loss of memory after being shot in the head by a sniper in Aleppo, Syria. NARCISO CONTRERAS/THE ASSOCIATED PRESS

Syria's air force fired missiles and dropped barrel bombs on rebel strongholds while opposition fighters attacked regime positions Sunday, flouting a UN-backed ceasefire that was supposed to quiet fighting over a long holiday weekend, but never took hold.

The failure to push through a truce so limited in its ambitions — just four days — has been a sobering reflection of the international community's inability to ease 19 months of bloodshed in Syria. It also suggests that the stalemated civil war will drag on, threatening to draw in Syria's neighbours, such as Turkey, Lebanon and Jordan. "This conflict has now taken a dynamic of its own, which should be worrying to everyone," said Salman Shaikh, director of the Brookings Doha Center think-tank.

The UN tried to broker a halt to fighting over the four-day Eid al-Adha Muslim feast that began on Friday, one of the holiest times of the Islamic calendar. But the truce was violated almost immediately after it was supposed to take effect, the same fate other cease-fires in Syria have met.

Activists said at least 110 people were killed Sunday, a toll similar to previous daily casualty tolls. THE ASSOCIATED PRESS

Removing roadblocks to activism

Bahraini anti-government protesters, some holding gasoline bombs, remove a palm tree trunk being used as a roadblock in Malkiya, Bahrain, on Sunday, to allow the passing of a march calling for freedom for political prisoners and in remembrance of those killed from Bahrain's western villages. The protesters replaced the trunk after marchers passed to slow any police vehicles that might arrive to disperse the gathering. Clashes erupted toward the end of the march between youths throwing bombs and riot police firing tear gas. HASAN JAMALI/THE ASSOCIATED PRESS

Nigeria

Suicide bomber targets mass

A suicide bomber rammed an SUV loaded with explosives into a Catholic church holding Mass on Sunday in Kaduna, northern Nigeria, killing at least seven people and wounding more than 100 others in an attack that sparked reprisal killings in the city, authorities and witnesses said.

As rescuers tried to reach the wounded, angry youths armed with machetes and clubs beat to death two Muslims passing by the ruins of St. Rita's Catholic church. An Associated Press reporter saw the men's corpses outside the worship hall. THE ASSOCIATED PRESS

Brazil

Sao Paulo sees 28 deaths in four days

Police in Brazil's largest city say the metropolitan Sao Paulo area is suffering a wave of violence that left 28 dead over four days.

Police told the Estado de Sao Paulo newspaper that five people died and 12 were injured in shootings between Saturday night and Sunday morning. The newspaper reported that this was the fourth night in a row with multiple murders.

There were 28 people killed by Sunday morning. Police told the newspaper that most of the victims died in drive-by shootings by men on motorcycles. THE ASSOCIATED PRESS

New wave of violence hits Myanmar's Rohingya Muslims

Victims of Myanmar's latest explosion of Muslim-Buddhist violence fled to already-packed displacement camps along the country's western coast Sunday, with a top UN official saying the unrest has forced more than 22,000 people from their homes.

State television reported the casualty toll has risen to 84 dead and 129 injured over the past week in nine townships in Rakhine state. The figures have not been broken down by ethnic group, but New York-based Human Rights Watch has said Rohingya Muslims bore the brunt of the unrest and the true death toll may be far higher.

On Sunday, wooden boats carrying some refugees arrived outside the state capital, Sittwe. The people trudged to the nearby Thechaung camp, a place already home to thousands of Rohingya who took refuge there after a previous wave of violence in June.

"I fled my hometown, Pauktaw, on Friday because there is no security at all," said 42-year-old fisherman Maung Myint, who arrived on a boat carrying 40 other people, including his wife and six children. "My house was burned to ashes and I have no money left."

"We don't feel safe," said 40-year-old Zainabi, a fish seller who left with her two sons, aged 12 and 14. "I wish the violence would stop so we can live peacefully."

Human Rights Watch released dramatic satellite imagery Saturday showing a vast, predominantly Rohingya swath of Kyaukphyu village in ashes. The destruction included more than 800 buildings and floating barges.

It was unclear what sparked the latest clashes, but ill will between Muslims and Buddhists in Rakhine goes back decades and has its roots in a dispute over the Rohingya's origins. Although many Rohingya have lived in Myanmar for generations, they are seen as foreign intruders who came from Bangladesh to steal scarce land.

A Muslim refugee cuddles a baby at Thechaung refugee camp in Myanmar, Sunday. THE ASSOCIATED PRESS

The Rohingya also face official discrimination, are denied basic civil rights and citizenship. THE ASSOCIATED PRESS

Wireless. Struggling Nokia pins hopes on Windows Phone 8

For Nokia, it comes down to this: Is Microsoft's new phone software going to get it back in the smartphone race, or is it going to be too late?

After being the top seller of cellphones in the world for 14 years, Nokia failed to meet the challenge when Apple in 2007 introduced the dazzling iPhone that caught the imagination of design-conscious customers and rattled mobile markets.

The Finnish company hit a downward spiral that has led to shrinking sales and market share, plant closures, thousands of layoffs and downgrades by credit agencies to junk status.

On Friday, research firm IDC said that in the July-to-September period, Nokia slid for the first time off the list of the top five smartphone makers in the world.

It's still the second-largest maker of phones overall, but sales of non-smartphones are shrinking across the industry, and there's little profit there.

The ailing company's CEO, Stephen Elop, sees Microsoft's new Windows Phone 8 software as a chance to reverse that trend, describing it as a catalyst for the new models.

Analysts are calling this a make-or-break moment for Nokia. "Nokia is placing a huge bet on Microsoft and if the gamble doesn't pay off, the losses can be high," said Neil Mawston from Strategy Analytics, near London. "It's putting all its eggs in one basket and that's quite a high-risk strategy." THE ASSOCIATED PRESS

Unified look

- The launch of Windows Phone 8 follows on the heels of Windows 8 for PCs and tablets, which Microsoft released Friday.
- The PC and tablet operating system has borrowed its look from Windows Phone, meaning Microsoft now has a unified look across PCs and phones — at least if people take to Windows 8.

PC, tablet buyers aren't abuzz over Windows 8: Poll

Radical redesign. New OS is most significant overhaul since 1995

A Microsoft store product advisor in Seattle displays the new Surface tablet computer on Friday, the first day of sales for both the Surface and the Windows 8 operating system. ELAINE THOMPSON/THE ASSOCIATED PRESS

Microsoft bills Windows 8 as a "re-imagining" of the personal computer market's dominant operating system, but the company still has a lot of work to do before the makeover captures the imagination of most consumers, based on the results of a recent poll by The Associated Press and GfK.

The phone survey of nearly 1,200 adults in the U.S. found 52 per cent hadn't even heard of Windows 8 leading up to Friday's release of the redesigned software.

Among the people who knew something about the new operating system, 61 per cent had little or no interest in buying a new laptop or desktop computer running on Windows 8, according to the poll. And only about a third of people who've heard about the new system believe it will be an improvement (35 per cent).

Chris Dionne of Waterbury, Conn., falls into that camp. The 43-year-old engineer had already seen Windows 8 and it didn't persuade him to abandon or upgrade his Hewlett-Packard laptop running on Windows 7, the previous version of the operating system released in 2009.

"I am not real thrilled they are changing things around," Dionne said. "Windows 7 does everything I want it to. Where is the return on my investment to learn a new OS?"

Microsoft usually releases a new version of Windows every two or three years, but it's different this time around. Windows 8 is the most radical redesign of the operating system since 1995.

Microsoft is hoping the way Windows 8 looks and operates will appeal to the growing number of people embracing the convenience of smartphones and tablets. THE ASSOCIATED PRESS

Where'd the fish go? Sockeye report could prove damning for feds

A sockeye salmon is reeled in by an angler along the shores of the Fraser River near Chilliwack, B.C., in this September 2010 photo. On Monday, the B.C. judge who conducted an inquiry into 2009's startlingly poor sockeye salmon run will deliver his report. THE CANADIAN PRESS FILE

Some who took part in the inquiry looking into why millions of sockeye salmon vanished from one of British Columbia's most prized fisheries are already anticipating what the report might say, and many believe the news won't be good for the Department of Fisheries and Oceans.

After listening to 160 witnesses, compiling 14,000 pages of transcripts and 2,100 exhibits, B.C. Supreme Court Justice Bruce Cohen must deliver his report to the federal government by Monday, although it remains unclear when, or even if, the document will be made public.

One of the groups that participated in the inquiry was the Watershed Watch Salmon Society, and its executive director Craig Orr said he believes the inquiry has proven major reforms are needed in how fisheries and natural resources are managed by the federal government.

"The evidence was really clear that government is going to have quite a report on its hands, and there's going to be a very high expectation that there's going to be some major changes made," he said.

"The bigger question I think ... is government going to have any meaningful reactions to the report, other than the usual deny, delay and distract kind of approach that we seem to get."

By the numbers

1.4M

In 2009, just 1.4 million sockeye showed up in B.C.'s rivers and streams in a run that was anticipated to be around 10 million.

The federal government called the Commission of Inquiry into the Decline of Sockeye Salmon in the Fraser River in November 2009.

Months earlier, just 1.4 million sockeye showed up in B.C.'s rivers and streams in a run that was anticipated to be around 10 million.

The offspring of those salmon are expected to return to the Fraser River during the summer of 2013.

The inquiry began in August 2010 and ended in December 2011, and during the course of its hearings, the commission tackled some 40 themes, ranging from aboriginal fishing to aquaculture, commercial fishing to disease, habitat management and enforcement to predation.

The bill for the inquiry is expected to be at least $26 million.

A spokeswoman for Fisheries and Oceans Canada said in an email that the department wouldn't comment or provide interviews on the report until it's tabled. THE CANADIAN PRESS

Israel

Former bank chairman indicted

Israel's Justice Ministry has indicted the former chairman of a major bank on charges including aggravated fraud and money laundering.

The suspicions against Danny Dankner, who served as chairman of Bank Hapoalim between 2007 and 2009, centre on the lender's dealings with Turkey's BankPozitif. THE ASSOCIATED PRESS

Ottawa

Agency must take more risk: Report

A Crown agency that promotes Canadian exports of arms and other products will have to accept much more risk as it moves into new markets abroad, says an internal report.

The Canadian Commercial Corp. is under pressure from Canadian firms to find new customers in the Middle East, South America, Africa and India as its traditional market, the U.S., shrinks.

The corporation, created in 1946, negotiates government-to-government contracts to reduce the risks of non-payment to exporters, who lack the clout of the Canadian state when foreign governments try to skip their bills.

But the agency has itself become "risk-averse," and will have to shed that attitude to better serve firms hungry for a more diverse customer base, says an analysis ordered by Ed Fast, the international trade minister. THE CANADIAN PRESS

Montreal

Pfizer to cut 300 jobs in Canada

Pharmaceutical giant Pfizer has announced it's cutting about 300 jobs across Canada, most of them in Montreal.

A spokeswoman for Pfizer Canada said Sunday that the cuts will be spread across several locations but the majority will be at the company's headquarters in the Montreal suburb of Kirkland. THE CANADIAN PRESS

Beijing

Chinese premier's family denies it has $2.7B in assets

Lawyers have denied a report that Chinese Premier Wen Jiabao's family has amassed $2.7 billion US in "hidden riches," a Hong Kong newspaper said Sunday.

The New York Times said in a lengthy article Friday that most of the alleged wealth was accumulated by Wen's relatives after he rose to high office in 2002.

Hong Kong's South China Morning Post newspaper published a letter Sunday it said was written by two lawyers for Wen's family, Bai Tao and Wang Weidong, saying that the Times' report was untrue.

It said family members have not conducted any illegal business activities, do not hold shares in any companies, and that Wen has never been involved in his family's business activities or allowed those activities to influence his policies. THE ASSOCIATED PRESS

VOTER APATHY AT ITS WORST

URBAN COMPASS
Paul Sullivan
regina@metronews.ca

As we pick through the bones in the aftermath of last week's civic election, I'm surprised no one is making more of the turnout: 37 per cent in Saskatoon and 32 per cent in Regina.

That means one out of three people have chosen the course for the province's two largest cities over the next four years.

Two-thirds of the eligible voters had something better to do on Wednesday. Maybe they had to wash their hair. That's a lot of shampoo down the drain.

Don't like Mayor Don Atchison's Progressive Saskatoon? Tough. One-third of your neighbours did, so you get four more years.

Don't like the $675-million stadium for Regina? You couldn't have been that upset, as the vast majority of you stayed home and watched Survivor. Or something.

The indifference is difficult to understand. Civic elections affect our lives every way, everyday, literally down to the potholes in the road. And the next time you run over one in Saskatoon, you might recall that during the campaign, mayoralty candidate Tom Wolf presented an articulate critique of road maintenance technology.

By my calculations...

It's an exaggeration to observe that more people ran for mayor than voted for mayor. But not that much.

Hardly a compelling message, as it turns out. Wolf managed to poll 46.9 per cent of the 37 per cent. That's a little more than 31,000 votes. Pathetic, eh? Even more pathetic is that the winner drew 34,489 votes. Out of a potential 180,000.

It was even worse in Regina, where nine people contested the mayoralty, and the winner, Michael Fougere, managed to attract 21,685 votes. Out of a possible 160,000! It's not as if his challengers got all the votes either. Main opponent Marian Donnelly polled 16,240 votes, which is about 10 per cent of the overall voter universe.

It's an exaggeration to observe that more people ran for mayor than voted for mayor. But not that much.

Now some people want a referendum on the new stadium. Seems to me the people have already spoken. They don't actually care. More people will turn up at drafty old Mosaic Stadium to brave the elements to watch a team that has lost three in a row than vote for the mayor.

Sadly, this turnout has been characterized as an "improvement" over 2009, when the turnout in both cities sank below 30 per cent. If this trend keeps up, one day maybe, we'll get to half.

People all over the world are risking death in the streets to agitate for the right to vote in fair elections, and here, in the birthplace of prairie populism, democracy barely has a pulse.

You know what they say. Use it … or lose it.

Crash course in body work

SOLENT

Painted pile-up

Optical illusion of wrecked vehicle

Check out the paint job on this "car". Body-painting artist Emma Hack used 17 naked men and women covered in blue, black and silver paint to make a jigsaw puzzle of a mangled vehicle. The pile of expertly placed bodies is part of a campaign for Australia's Motor Accident Commission to curb speeding.

METRO

Artist's perspective

"Technically, it's probably the most difficult job I have ever done. It's quite magical how it's turned out."

Body-painting artist Emma Hack
Hack, from Adelaide, Australia, spent 18 hours creating the car. She famously painted singers Gotye and Kimbra for the hit song Somebody That I Used To Know.

Sketchy business

How she started... a photo and pencil

Hack began with a photo of a crashed car and planned her project by sketching over it — to determine the number of people needed and the position of their contorted bodies. She said: "Some were really obvious, such as the tires, face as side mirror and the front bumper as the arm. Then I started piling up the bodies to create shape."

METRO

Getting older rocks

Happy Birthday, from Billy Idol

A Seattle man says that having Billy Idol play his 26th birthday party made for the greatest night of his life.

Michael Henrichsen spent two years persuading the British rock icon to play his party, and it finally paid off at the packed Showbox SoDo club on Friday.

First, Idol guitarist Steve Stevens played him Happy Birthday in the middle of a solo. Then Idol called Henrichsen onto the stage for a rendition of the song.

Henrichsen's '80s cover band even got to play the opening act.

Idol said that Henrichsen's effort stood out from other fans' requests because his campaign involved four Billy Idol Aid charity concerts that raised $13,000 for the Northwest Harvest food bank and the American Red Cross.

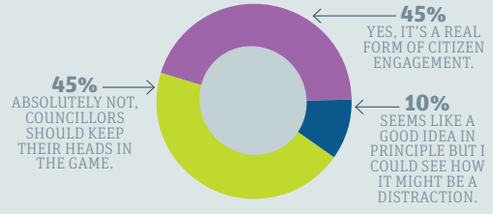
Idol says that agreeing to play Henrichsen's party in Seattle might help fans see another side of him.

THE ASSOCIATED PRESS

Metropolitan Panel

Register at metropolitanpanel.ca and take the quick poll

Should councillors be allowed to use social media during debates?


45%
YES, IT'S A REAL FORM OF CITIZEN ENGAGEMENT.
10%
SEEMS LIKE A GOOD IDEA IN PRINCIPLE BUT I COULD SEE HOW IT MIGHT BE A DISTRACTION.
45%
ABSOLUTELY NOT, COUNCILLORS SHOULD KEEP THEIR HEADS IN THE GAME.

Twitter

@_KatelynDawn:
Can't wait until Regina is back to normal nxt wknd. Lol halloween celebrations on the strip made all the drunk, sloppy crazies come out!

@gizdo1:
Heading to the most incredible bridal show with my sis today. Can't wait to visit all the booths! #yqr

@obipawnkenobi:
Hey @PremierBradWall. You should up the ante. Hit $10,000 by Nov 1 and add a soul patch. @RennieSheCBC #movember #skpoli

@iam_joshd:
between #Sandy on the east coast & Earthquake's on the west coast, this must be the first time anyone has WANTED to live in #Saskatchewan

@Cuylar:
Bicycle racing in the snow this morning. i just earned all the lazies. #cyclocross #saskatchewan

metro
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Disney's Wreck-It Ralph revels in retro gaming culture, assembling a host of familiar old-school characters from Bowser to Q-bert. It just may provide gamers with their Toy Story moment. While direct adaptations of button-mashing bestsellers often end up as bargain bin rejects, when the focus broadens to the gaming scene itself, plenty of candidates for extended play begin to emerge.

MIKE DOJC
scene@metronews.ca

Wreck-It Ralph celebrates old-school gamer culture. HANDOUT

Gamer culture levels up

WarGames (1983)

Matthew Broderick is a teenage hacker who inadvertently breaks into what he imagines is a video game server but turns out to be a military supercomputer. When he begins to "play" Global Thermonuclear War, the lives of billions hang in the balance.

Tron (1982)

A sentient computer program shoots a laser at Jeff Bridges and sucks him inside its mainframe into a digitized world where programs are people who wear glow-in-the-dark hockey helmets and everybody gets a mini Captain America Frisbee shield. This virtual world, which presaged the Internet and the personal computing boom, was a visual tour de force.

The Wizard (1989)

Fred Savage and his video game savant brother hitch and hustle their way across America en route to a video game championship in L.A. with future indie rock queen Jenny Lewis (Rilo Kiley) in tow. While E.T. wrote the book on product placement, with the stranded alien developing a craving for Reese's Pieces, The Wizard took merch integration to a whole new level, promoting a flurry of Nintendo titles and the Universal Studios tour while seamlessly spinning a rollicking tween-age fantasy.

Grandma's Boy (2006)

While critics were foaming at the mouth to dump on this sophomoric R-rated romp about a 35-year-old video game tester who moves in with his granny (Doris Roberts), the Golden Girls meet American Pie gross-out comedy holds up quite well on the gags per minute metre compared with Happy Madison Production's most high grossing fare. High Times magazine even feted this budding cult classic with a trio of awards, including the coveted Best Stoner Movie.

Scott Pilgrim vs. the World (2010)

Sheepish yet irrepressibly endearing in a neo-nebbish hipster kind of way, Michael Cera (basically playing himself) sets out to defeat his fuchsia-haired girlfriend's seven evil exes who might as well be video game bosses. By injecting a litany of gaming tropes into an indie rock love story, this comic-book adaptation is not only an epic nerdgasm, but it just might spawn a new sub-genre.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Christina Aguilera. ALL PHOTOS GETTY IMAGES

Christina Aguilera throws Simon Cowell under the bus

Christina Aguilera doesn't mince words when it comes to her feelings about X Factor host Simon Cowell.

As she tells the Hollywood Reporter, Aguilera used Cowell's earlier gig as a judge on American Idol as an example of how not to behave when it came to her own judging duties on The Voice, her reality singing competition show.

"I saw the commercials early on of American Idol of Simon," Aguilera remembers. "I was like, 'Man, that's not what it's about.' I didn't want to treat people like that. I wanted to do The Voice to show that we can be positive. We don't have to knock people down."

Emma Roberts

Pretty Woman finds a sequel

While Emma Roberts has done her best to dodge comparisons between herself and famous aunt Julia Roberts, she chose this year's Halloween costume as the best time to highlight the connection.

Emma stepped out over the weekend done up as Julia's famous character from Pretty Woman, complete with blonde wig, miniskirt and midriff-bearing tank-top, according to Us Weekly.

She hit up a Halloween party in the get-up on the arm of her boyfriend, American Horror Story star Evan Peters, who was dressed as a cowboy.

The Word

Timberlake apologizes for video that appeared at wedding

Justin Timberlake has finally spoken out about the infamous video of L.A. homeless people wishing him and bride Jessica Biel well, played at his wedding.

"I think we can all agree that it was distasteful, even though that was not its intention. I want to be very clear … I am not defending the video," Timberlake writes on his website.

"I had no knowledge of its existence. I had absolutely zero contribution to it."

While not taking responsibility for the video — made by a friend as a gag wedding gift — Timberlake is still offering an apology.

"I want to say that I am deeply sorry to anyone who was offended by the video," he writes. "My friends are good people. This was clearly a lapse in judgment, which I'm sure no one who is reading this is exempt from."

Quoted

"I had no knowledge of its existence. I had absolutely zero contribution to it."

Justin Timberlake
Talking about a scandalous video that appeared at his wedding

Joe Simpson

Male model claims to be dating Joe Simpson

A 21-year-old aspiring model named Bryce Chandler Hill has reportedly been making the rounds in West Hollywood bragging that he's been carrying on an affair with Joe Simpson, the recently divorced dad of singers Jessica and Ashlee Simpson, according to Radar Online.

"Joe Simpson being outed by the National Enquirer was no surprise to the gay community in Hollywood. Bryce has been bragging about hooking up with Joe for a while now," a source tells the website. "Bryce claims he's been dating Joe for roughly a year and absolutely loves to boast about it because he loves being the centre of attention. He's also been quick to tell anyone that will listen that he's using Joe to climb the showbiz ladder."

Jennifer Lopez

Lopez lavishes love on dancer online

Jennifer Lopez certainly doesn't mind living in public. The singer and actress celebrated her year of dating backup dancer Casper Smart by gushing at the 25-year-old for all the world to see on Twitter.

"Thank you for sharing your beautiful smile with me every day!"

Smart returned the compliment in kind.

"Happy one year anniversary to the most gorgeous, kind, sweet, funny, beautiful lil' bear in the world."

Twitter

@SethMacFarlane
Thanks for all the birthday wishes! I'll have one drink for each tweet.

@jessicaalba
I just discovered the coziest pajamas ever

@mindykaling
My halloween costume is really good I think. I'm worried if I tell others they will copy it. AHHH WHAT DO I DO I DONT WANT COPYCATS

@jimmykimmel
I went through all the songs on the new @taylorswift13 album — good news, none of them are about me.

Book excerpt

The great snack debate

IT'S ALL RELATIVE
Kathy Buckworth,
kathybuckworth.com

In the 21st Century, the "snack" shelves in every grocery store across North America and Europe are taking up exponentially more real estate. And in response, the occasions on which it is deemed necessary or desirable to have a snack has grown exponentially as well. For instance, it is no longer acceptable to turn up at the following events without a snack for your children:

1) The neighbourhood park. Even if the park is two minutes away and, judging by previous visits, your visit will last for a grand total of six minutes. In fact, I now believe that the whole purpose of going to the park is to eat a snack outdoors.

2) Any child's sporting event. Soccer, baseball, hockey — all must include not only a snack, but a "snack schedule." I did an informal Twitter poll and found out that 99 per cent of moms don't support the idea of the structured snack, yet somehow that one per cent who do turn up at every single sports teams orientation meeting, spreadsheet in hand. I am now starting an informal "Stop the Snack Madness" campaign for my children's sports. The kids are not speaking to me, but it's worth the price.

EXCERPTED FROM KATHY BUCKWORTH'S SHUT UP AND EAT! TALES OF CHICKEN, CHILDREN AND CHARDONNAY, PUBLISHED BY KEY PORTER BOOKS, 2010. AVAILABLE AT CHAPTERS/INDIGO OR AT KOBO.
KATHY BUCKWORTH IS AN AWARD-WINNING WRITER. VISIT KATHYBUCKWORTH.COM OR FOLLOW KATHY @ KATHYBUCKWORTH ON TWITTER.

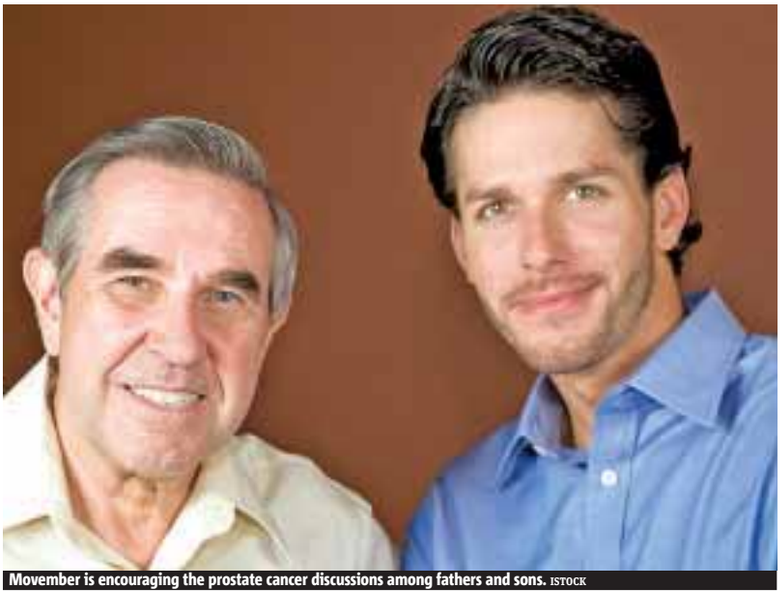
Exclusively online

What costs $200 and makes you cry so hard that even Like a Prayer won't soothe you? Follow the comedic (mis) adventures of mommyhood with Reasons Mommy Drinks at metronews.ca/voices

Now's the time to talk prostate

Movember. It's almost time for mustache-growing month, a movement in support for prostate cancer

MIKE DOJC
life@metrones.ca



Movember is encouraging the prostate cancer discussions among fathers and sons. ISTOCK

When fathers and sons bond over a cold drink and have "the talk," the talk is usually the awkward but necessary conversation about sex. While the scope of health wisdom dads dole out to their male offspring may also extend to the virtues of hand washing, regular exercise and sunscreen application, it is double-eagle rare that the just-for-men cancer will come up. But thanks to Movember, this is changing fast.

"Men typically don't talk about below-the-belt issues," says Rebecca von Goetz, executive vice-president of Prostate Cancer Canada. "However, it is becoming much more common place to have discussions about prostate cancer and to ensure that at one's annual physical, a discussion about the risks of this disease are addressed."

According to the latest Canadian Cancer Society statistics, 26,500 new cases of prostate cancer will be diagnosed in 2012. That makes prostate cancer the leading incident cancer ahead of lung, colorectal and breast cancer. And with 4,000 deaths a year nationally, it's the third leading cause of cancer mortality among men.

Still, talking isn't always easy. "Having a discussion about prostate cancer can be a psychological minefield," explains Dr. Daniela Friedman, a University of Waterloo graduate, now an associate professor specializing in cancer communication at the University of South Carolina's Arnold School of Public Health.

In her work on family communication and prostate cancer, Friedman has found that the recent controversy surrounding screening using the prostate specific antigen (PSA) test has complicated the prostate cancer conversation. False positives are frequent and the PSA can also detect cancers that are too slow growing to be a threat in the patient's lifetime.

Over-diagnosing these slow growing cancers can lead to bleeding and infection from biopsies and may cause erectile dysfunction and incontinence. "This is a disease people associate with impotence and losing one's (manhood,)" says Friedman. "I find that many men are embarrassed ... especially when it comes to the digital rectal exam."

In her 2012 paper, It Takes Two to Talk about Prostate Cancer, published in the American Journal of Men's Health, Friedman examines the heightened embarrassment men feel when talking about prostate cancer.

One of the men in her research study commented that male pride gets in the way, surmising that this is why Michael Jackson probably was always holding onto his reproductive area during performances.

Movember is all about making guys more comfortable opening up about the walnut sized gland located just beneath the bladder. "[The event] encourages men to band together — fathers and sons included — and the likelihood of a prostate cancer conversation is heightened as they share their efforts in growing their moustaches to raise awareness and funds for men's health," adds von Goetz.

Carry your baby, help a mother

DOROTHY ROBINSON
Metro World News in New York City

Carrying your baby is always in fashion.

But now Christy Turlington Burns, the American model best known for representing Calvin Klein from 1987 to 2007, is aiming to make it more fashionable.

Her charity, Every Mother Counts (EMC), which helps raise awareness about maternal mortality, has teamed up with Ergo baby carriers to create a line of products that benefit EMC.

"We wanted to bring in a (unique) design aspect to this collaboration, so we chose fabric from a local designer in West Africa," says Turlington Burns about the collection, which features two different carriers: a diaper bag and a waist-pack.

The designer, Chantal, is from Togo in West Africa. She uses textile design to support her children.

"This print and the story of Chantal add to the ultimate goal of this partnership, which is to bring women together in support of one another."

Maternal mortality

Ergobaby's Guest Designer Series facilitates awareness and support of Every Mother Counts: "People are unaware of the statistics about maternal and child health, or they assume that these problems are only in other countries and cannot affect them," says Turlington Burns. "Many reduce the issues to political discourse and use it to divide people when this is one thing that should really unite us all. If we want our children to thrive, we must address the health of our mothers — preferably before they become moms."

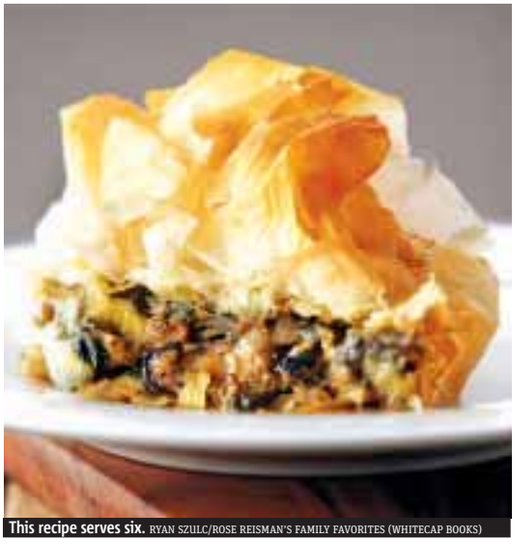
- **290,000** girls and women die during pregnancy and child-birth related causes each year.
- **90 per cent** of these deaths are preventable.

Turlington Burns' series is available at ergobaby.com. HANDOUT

Take a bite out of the ultimate comfort food with phyllo pie

ROSE REISMAN
for more, visit
rosereisman.com

This mushroom, spinach and goat cheese phyllo pie is similar to Spanikopita but is made in a pie pan. It's a wonderful main course and works equally well as a side dish. Serve it with a mesclun salad.



This recipe serves six. RYAN SZULC/ROSE REISMAN'S FAMILY FAVORITES (WHITECAP BOOKS)

1. Preheat the oven to 350 F. Lightly coat a 9-inch pie pan with cooking spray

2. To make the filling, lightly coat a nonstick skillet with cooking spray. Add the oil and set over medium heat. Add the onion and sauté for 5 minutes or just until the onion begins to brown. Add the garlic and mushrooms and sauté for 6 minutes or until mushrooms are no longer wet. Stir in the spinach, basil and salt and pepper. Cook for 3 minutes. Remove from the heat.

3. Stir in the goat cheese and mozzarella and the dill, green onions, olives, breadcrumbs and egg. Stir until all the ingredients are well combined.

4. Layer 2 sheets of phyllo in the prepared pie pan, keeping the remaining phyllo sheets covered with a damp tea towel to prevent them from drying out. Leave the edges of the phyllo sheets hanging over the edge of the pan. Lightly coat with vegetable oil. Layer the remaining sheets on top, spraying every other sheet. Carefully spoon the filling into the pie pan. Fold the phyllo sheets overtop to enclose and lightly coat with cooking spray.

5. Bake in the preheated oven for 25 minutes or until the phyllo is golden and the filling is completely heated through.

ROSE REISMAN'S FAMILY FAVORITES (WHITECAP BOOKS)

Ingredients

- 2 tsp vegetable oil
- 1 cup finely chopped onion
- 2 tsp finely chopped garlic
- 3 cups sliced mushrooms
- 1/2 package frozen spinach, thawed, drained, chopped and squeezed dry (about 5 oz)
- 1/2 tsp dried basil
- 1/4 tsp each salt and pepper
- 1/2 cup each crumbled goat cheese and shredded low-fat mozzarella cheese
- 1/3 cup each chopped fresh dill, green onions and black olives
- 2 tbsp seasoned dry bread crumbs
- 1 egg
- 6 sheets phyllo pastry

Healthy eating

Choose it and lose it

ROSE REISMAN
for more, visit
rosereisman.com

It's Halloween in a few days, so chances are you'll be nibbling on candy from the kids' goodie bags. Be careful what handful you grab.

M&M's Peanuts (84 g)

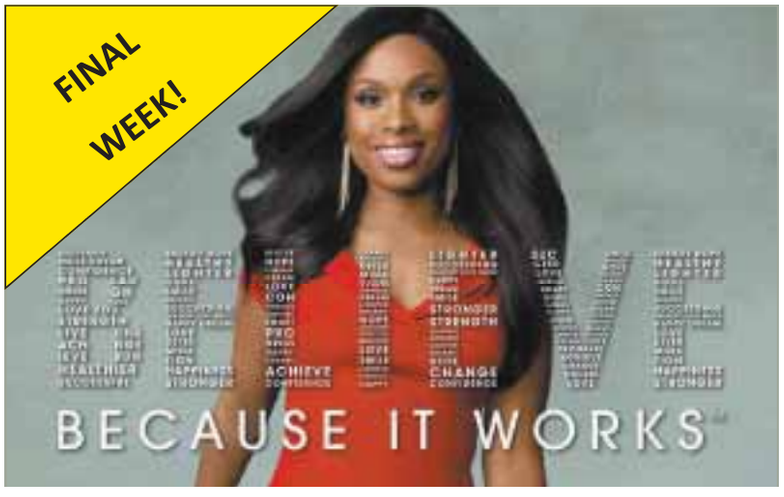
440 calories/ 22 g fat
Chocolate and peanuts are always a delicious but deadly combination for your weight. Stopping yourself from eating more than one handful is a real challenge.

Equivalent

An 84 gram serving of peanut M&M's is equal in fat to four vanilla ice cream cones from McDonald's.

York Bites — Peppermint Chocolate (84 g)

300 calories/ 5 g fat
This mint-and-chocolate combo contains much less calories and fat than the M&M's.



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WeightWatchers®

valid in Alberta and Saskatchewan until November 3, 2012 · pre-payment of multiple meetings may be required at some locations · not valid for on-line subscription · no cash value · all prices plus gst

Puff Pastry Pissaladiere. For a quick dinner, make this tart-like dish

1. Heat oven to 425 F. Coat baking sheet with cooking spray. Unfold thawed sheet of puff pastry and set it on the prepared baking sheet.

2. Use paper towels to pat dry the roasted red peppers, removing as much moisture as possible without mashing the peppers. Cut the peppers into thin strips. Then arrange the peppers evenly over the pastry, spacing them so as to have enough to cover the tart. Then arrange the anchovies over the red peppers.

3. Season the tart with black pepper, then sprinkle the chopped olives evenly over the tart. Sprinkle Parmesan cheese evenly over everything.

4. Bake 15 minutes, or until pastry is puffed and browned at edges and cheese is melted and lightly browned. Cut into squares and serve warm.

This recipe serves six. MATTHEW MEAD/ THE ASSOCIATED PRESS

Ingredients

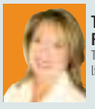
- 1 sheet frozen puff pastry (each 17.3-oz package contains 2 sheets), thawed according to package directions
- 2 roasted red peppers, drained
- 2-oz tin oil-packed anchovy fillets, well drained
- Ground black pepper
- 1/4 cup chopped Kalamata olives
- 1/2 cup grated Parmesan cheese

THE ASSOCIATED PRESS

Christine Josic CONTRIBUTED

The In-Credibility Factor

Name: Christine Josic
City: Toronto
Age: 34
Occupation: Federal Crown prosecutor



THE IN-CREDIBILITY FACTOR
Teresa Kruze
life@metronews.ca

From a young age, Christine had always loved working with children, and went to university to become a teacher. After taking a criminal law course she found the courage to change her focus and began studying to be a lawyer.

She obtained her BA in criminology and criminal justice from Carleton University, her Canadian law degree from the University of Ottawa, and her American law degree from Michigan State University, ultimately landing an articling position at the Crown law office, criminal division in Toronto.

Today she is a federal Crown prosecutor in Toronto, but has also kept her dream of teaching alive by being a course instructor at the University of Guelph.

Double the dream

"I teach advanced law and politics at the University of Guelph as well as being a Crown prosecutor, which is a definite challenge, but I love it because I'm bridging both of my passions at this point in my career."
Christine Josic

I knew I was on my way when ... I was offered a job as a prosecutor right out of the interview.

My first day was very overwhelming and exciting because I was parachuted into the busiest criminal courthouse in the country. I enjoy helping people and using my voice to advocate for the public interest.

Right now I teach advanced law and politics at the University of Guelph as well as being a crown prosecutor, which is a definite challenge, but I love it because I'm bridging both of my passions at this point in my career.

Action Plan

• Prepare yourself for opportunity: My family is very hardworking and always valued education. They gave me everything they had, but I had to bridge the gap, so I worked, sometimes up to three jobs, while going to law school. Don't limit yourself. Create your own opportunities.

• Choose your own path: Be selective where you spend your time and efforts. Use your skills and focus on moving forward and progressing. Don't become stagnant in your career.

• Nurture your relationships: I didn't get here on my own.

I had help from my family, defense lawyers, Crowns, judges and colleagues.

I am constantly learning from those around me and I've been surrounded by a lot of strong women in my career who have given me poignant advice at critical points.

I truly value those relationships and they have been a major contributor for where I am now and where I'm going in the future.

What does 'it all' mean? Today's women have a different definition

It's just a job.
Study shows women rank happiness over hierarchy when envisioning job success

JULIA WEST
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The idea of "having it all" varies from person to person, of course. However, a new study on women in the workplace by LinkedIn and Citi found that "only 17 per cent of women [surveyed] stated that reaching the height of success in their field was a factor in their assessment of 'having it all.' For the majority, success was defined by a job that they enjoy."

For many of the women surveyed, marriage and children weren't tied up in the definition of "all": 36 per cent of respondents weren't concerned about marriage and 27 per cent didn't cite children.

"Millennial women are putting off having children until they are nearly 30," explains Amy Lynch, a consultant who works with BridgeWorks, an organization that helps businesses connect with different generations of employees and customers.

"They seek work-life integration. Millennials don't see hard divides between work time and family time."

Ultimately, no matter what having it all means, most of us are counting on it at some point: Only four per cent of women who participated in the survey felt that having it all was unattainable.

Julia Hartz, co-founder and president of Eventbrite, agrees to some extent.

"What I've found," says Hartz, "is while I think you can have it all, you can't have it all at the same time."

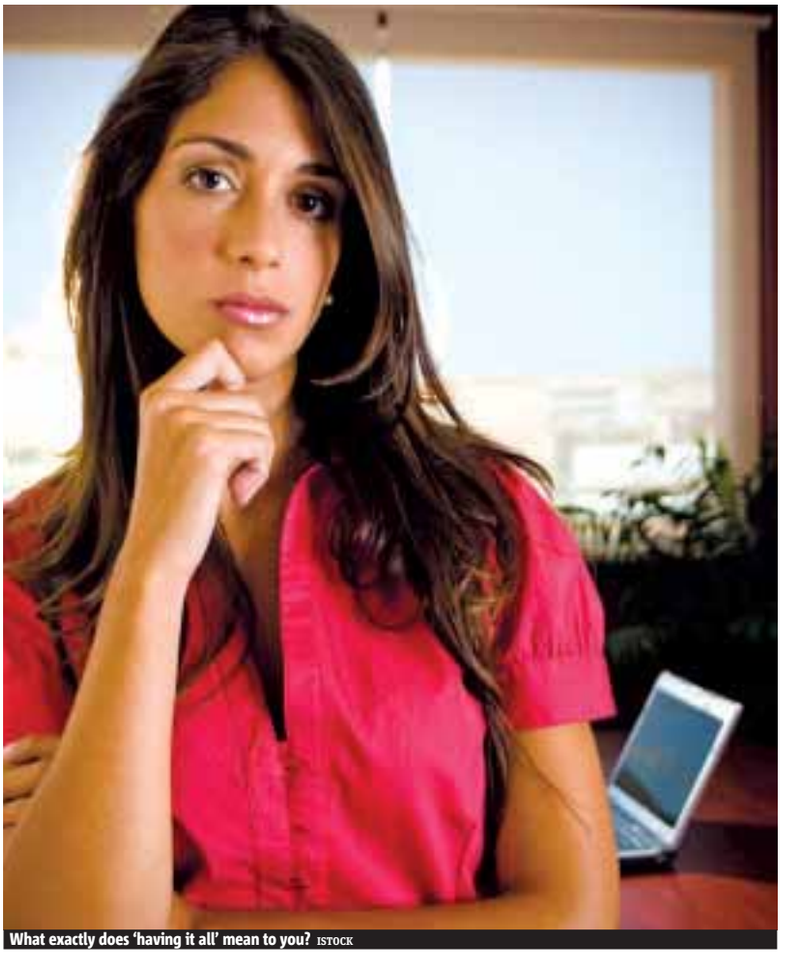
A little later for little ones

"Millennial women are putting off having children until they are nearly 30."
Amy Lynch
Consultant at BridgeWorks

Gender equality

Although the survey focused on women, assuming that the definition of success varies between genders is dangerous.

- "It should mean the same thing as 'having it all' for a professional man," says Susan Lucas-Conwell, CEO of HR consulting firm Great Place to Work. "Being a woman should not make one stitch of difference in terms of the opportunities presented to me in the workplace."



What exactly does 'having it all' mean to you? ISTOCK

San Francisco Giants pitcher Matt Cain throws a pitch against the Detroit Tigers on Sunday during Game 4 of the World Series in Detroit. EZRA SHAW/GETTY IMAGES

Smoke and mirrors: Pitchers rule playoffs

World Series. Composite post-season ERA of 3.04 through Saturday was baseball's lowest since 1991, according to STATS LLC

When the San Francisco Giants scored twice off Detroit's Anibal Sanchez in the second inning of Game 3 of the World Series, Tigers fans at Comerica Park immediately grew edgy.

In this post-season, two runs can feel like 20.

"They're normally hard to come by in post-season, because you're going to face a good pitcher pretty much every night," Detroit manager Jim Leyland said.

Leyland saw that first-hand this year. The Tigers reached the World Series thanks to a fabulous performance by the starting rotation — and they entered Game 4 on Sunday night on the verge of elimination for pretty much the same reason. San Francisco led the series 3-0 after shutting Detroit out in Games 2 and 3.

The Giants became the first team to throw back-to-back shutouts in the World Series since Baltimore blanked the Los Angeles Dodgers three times in a row in 1966.

That dangerous Detroit slugging tandem of Miguel Cabrera and Prince Fielder? As quiet as Cabrera's bases-loaded popup in Game 3.

It didn't seem like anyone would top what Justin Verlander and the Tigers did on the mound through the first two rounds of the post-season.

Pitching history

- At one point, Detroit's starters went 30 1/3 innings without allowing a run, a record for a single post-season.
- Then the World Series began. After three games San Francisco's World Series ERA was 1.00, the lowest since Baltimore's 0.50 in 1966, according to STATS LLC.

The Detroit ace allowed one run over two division-series starts against Oakland, shutting out the Athletics in the decisive fifth game. In the AL championship series against the New York Yankees, the Tigers gave up only six runs in a four-game sweep — and four of them were against closer Jose Valverde in one inning of Game 1.

San Francisco's Ryan Vogelsong has become the third pitcher to make four straight starts in a single post-season in which he allowed no more than one run. Tim Lincecum has provided a lift out of the bullpen. Even Barry Zito has pitched well lately for the Giants.

"I've been watching these guys all year," San Francisco shortstop Brandon Crawford said. "They're a lot of fun to play around."

THE ASSOCIATED PRESS

Go to metronews.ca/sports for coverage of Game 4 of the World Series.

WHL

Pats fall flat in weekend clashes

The Regina Pats lost both their games over the weekend dropping their record to 6-9-1 this season.

The Pats were in Lethbridge on Friday where the Hurricanes won 6-1. On Saturday the Pats fell 5-4 to the Tigers in Medicine Hat.

The Pats are back in action on Tuesday at the Brandt Centre at 7 p.m. when they play the Saskatoon Blades. METRO

CIS — Canada West

Rams, Huskies win ahead of semifinal

The University of Regina Rams and the University of Saskatchewan Huskies both won their respective matches over the weekend and the clubs will be kicking off next Friday in a semifinal showdown.

The Huskies beat the University of British Columbia Thunderbirds 52-24 on Friday to clinch third place in Canada West.

The Rams, who clinched second in the West on Oct. 19, beat the University of Alberta Golden Bears 19-0 on Friday.

The two Saskatchewan schools showdown on Friday at 7 p.m. at Mosaic Stadium. METRO

CFL

Alouettes lock up first place in East Division

Anthony Calvillo threw touchdown passes to Bo Bowling and Ryan Bomben as the Montreal Alouettes held on to down Edmonton 27-25 on Sunday, preventing the Eskimos from clinching a playoff berth.

THE CANADIAN PRESS

Falcons fly higher than Eagles, stay perfect

Atlanta Falcons QB Matt Ryan, left, throws a pass while being chased by Jason Babin of the Philadelphia Eagles Sunday in Philadelphia. ROB CARR/GETTY IMAGES

Asante Samuel stared directly at his former team's sideline and started trash-talking right after the coin toss. By the fourth quarter, Samuel was dancing on the field between plays.

Matt Ryan made it easy for his loquacious teammate to gloat.

Ryan threw touchdown passes on Atlanta's first three possessions against the Eagles and new defensive co-ordinator Todd Bowles, and the Falcons remained the NFL's only unbeaten team with a convincing 30-17 win over Philadelphia on Sunday.

Week 8

Falcons	Eagles
30	17

"We're 7-0 over here, baby," Samuel said. "If I was over there now, they have to go to work."

The Falcons are 7-0 for the first time in the franchise's 47-year history, while the Eagles (3-4) lost after a bye for the first time in 14 games under coach Andy Reid since 1999.

"That was an embarrassing performance," Reid said. "I'm stating the obvious. We need to get better. I need to do a better job. This is fixable. We have the talent."

Ryan finished 22 of 29 for 262 yards and three TDs for his first win against his hometown team in three tries.

Michael Vick didn't turn the ball over for once, but he played so-so and failed to beat his former team in his second start against the Falcons since returning to the NFL in 2009.

THE ASSOCIATED PRESS

Horoscopes

♈ Aries
March 21 - April 20
Give your body a rest. Use your brain to get things done. One way, of course, is to get others to do them for you and the art of persuasion will come easy to you today. You know just what to say.

♉ Taurus
April 21 - May 21
The Sun in your opposite sign of Scorpio means you have to accept the fact that others are in the driving seat at the moment. Why not go along for the ride? Who knows, it could be fun.

♊ Gemini
May 22 - June 21
You need to be honest with yourself about how far you have come and how far you still have to go to reach your goals. Changes have to be made and now is the best time to decide what they should be.

♋ Cancer
June 22 - July 23
There is no way you are going to realize your ambitions without help from other people, and what happens today will bring that fact home to you forcefully. It's time to be more of a team player.

♌ Leo
July 24 - Aug. 23
Your understanding is such that you now accept that recent setbacks were not designed to destroy you but to toughen you up for the challenges ahead. Start making plans – and make sure they are big ones.

♍ Virgo
Aug. 24 - Sept. 23
You may need to be alone with your thoughts, and that's okay, but don't switch off from the world completely because there are things going on you need to be aware of. Put your phone on mute, but keep it turned on.

♎ Libra
Sept. 24 - Oct. 23
Travel and social activities are under good stars today but you are advised not to make any long-term plans – that is, more than seven days ahead – because things will change rapidly next week. For now though, have fun.

♏ Scorpio
Oct. 24 - Nov. 22
You may be feeling on top of the world but something unexpected will bring you down to earth over the next 24 hours. It's no big deal but it is a reminder that change is the only constant in life.

♐ Sagittarius
Nov. 23 - Dec. 21
Mercury, planet of the mind, moves into your sign today, boosting your self-belief and making it easy to get motivated. However, long-term success depends on more than just confidence. Are your plans realistic and reachable?

♑ Capricorn
Dec. 22 - Jan. 20
Stop worrying about what other people might think about you and start using your mind to get ahead in the world. You have everything going for you now and only doubt can keep you separated from success.

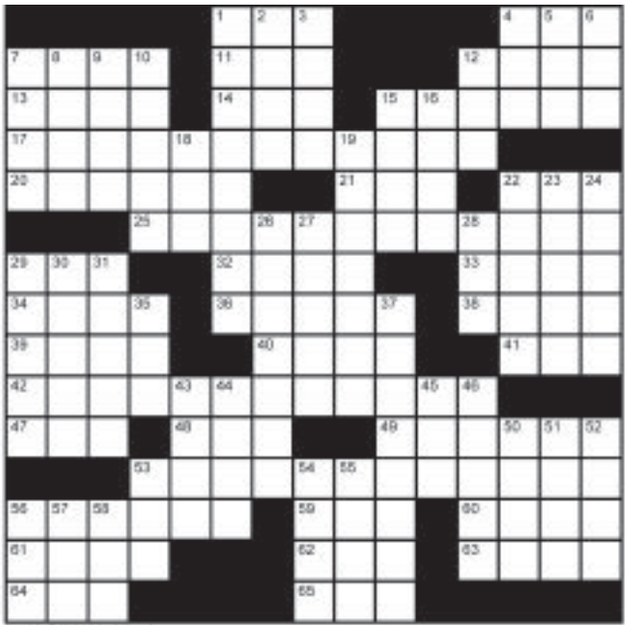
♒ Aquarius
Jan. 21 - Feb. 19
The bigger your dreams the more you will need assistance from people who have made the same or similar journeys before you. What can you learn from their mistakes so you don't have to make your own?

♓ Pisces
Feb. 20 - March 20
People in positions of authority are well disposed toward you at the moment and if you are smart you will make the most of it. Let them know what you can do.

SALLY BROMPTON

March Goes Out and March Comes In

BY MICHAEL WIESENBERG



Across

1. Definite article
4. Cause of chills and fever
7. Reverberation
11. Prairie Province stook makeup
12. Horn honk
13. Guitarist Clapton
14. Ontario-born hockey great Bobby
15. Town squares
17. Body of water bounded to the north by Ontario and Minnesota, and to the south by Wisconsin and Michigan (2 wds.)
20. Blurs by rubbing
21. 7th letter of the Greek alphabet (looks like an H)
22. Small battery
25. Canadian and American honeymooners' destination (2 wds.)
29. Dodge truck
32. Small iPod
33. Expires
34. Locale
36. Become parched, like a desert lakebed (2 wds.)
38. Computer menu selection
39. Invariable reply to the Little Red Hen (2 wds.)
40. Dove's home
41. Tennis match
42. First paradise (3 wds.)
47. Before: poetic
48. Accelerator particle
49. Items to be discussed at a meeting
53. Where actors put costumes on (2 wds.)
56. Harper's group
59. Car salesman's domain
60. A little bit wet
61. Charlemagne, Québec-born singer Celine
62. "Mais, ___!"
63. The Beatles' "___ a Woman"
64. ___ as a fox
65. PC key beside F1

Down

1. ___ Islands: archipelago that straddles the Canada-US border in the Saint Lawrence River
2. Stringed instrument that has been around for at least 6000 years
3. Charlotte Brontë's Jane ___
4. Usually red, tasseled cap that originated in Morocco
5. Meadow
6. ___ and downs
7. Slippery fish
8. Burn the midnight oil studying
9. A walk in the mountains or woods
10. It's east of Newfoundland
12. Tavern
15. Pocket bread
16. Bread unit
18. ___ Lanka: Ceylon today
19. Give new directions to
22. AKA
23. Tylenol rival
24. Something you have of value
26. Boys: Fr.
27. "Don't give me ___ your lip!" (2 wds.)
28. Personals
29. Mountain ___: The Rockies or Cascades
30. Let out ___: bellow like a lion (2 wds.)
31. 39.37 inches
35. Assist
37. Stuffily professorial
43. Ireland, to its natives
44. Negatives
45. Breakfast buffet item
46. Revenge of the ___: 1984 film
50. Biblical ark builder
51. Many a stadium topper
52. Rock bands need these
53. Uproar
54. ___ gin fizz
55. Debt acknowledgements
56. CFL scores: abbr.
57. Petroleum
58. Cowboy actor Rogers

Yesterday's Crossword

What's online

See today's answers at metronews.ca/answers.

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

9					1		5	
			8	5			2	
	5		4					6
	9	4		2				
1			7		4			2
				3		1	8	
7					6		4	
	3			8	7			
	6		9					3

Yesterday's Sudoku

Sharability

easy — hard

A funny thing happens when you tell kids they matter. They believe you.

An alarming 40,000 kids drop out of high school every year. Boys and Girls Clubs of Canada are committed to changing that. They provide a safe and supportive place where kids can develop confidence and life skills. They offer programs like *Rogers Raising the Grade*™ to help kids with their studies. The Club is a place where kids can drop in, so they're less likely to drop out.

ROGERS Youth Fund™ Proud supporter of Boys & Girls Clubs of Canada
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rogersyouthfund.com

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